

# Quit

YOU HAVE IT IN YOU

## 8 Tips to make quitting easier

Thinking cold turkey? It's not the only way!

Don't smoke? Help a friend quit.

## Myths Busted!

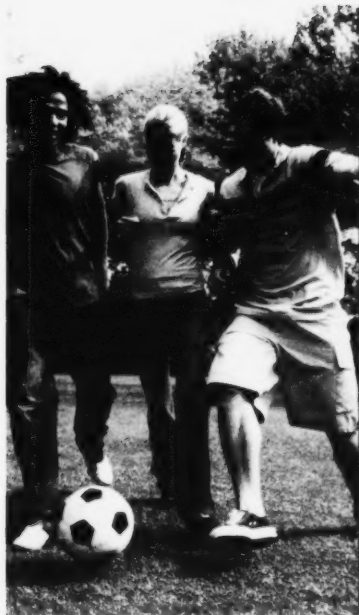
- light cigarettes
- medications
- weight gain
- and more!



Ontario

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# One BIG reason why it's hard to kick the habit

People start smoking for lots of reasons. But it's nicotine addiction that can make it so hard to quit. Almost immediately, you feel a rush as the nicotine takes hold. But soon after, you feel down and tired, causing you to crave that rush again. It becomes a vicious cycle.

The good news is that many people quit every day – and you have it in you to quit too. So read on about the many ways you can become a non-smoker.

Since May 31, 2006, smoking is banned from enclosed public spaces and workplaces across Ontario.

So there's never been a better time to quit than now!

**SMOKE  
FREE  
ONTARIO**

smoking myths busted!

# 5

## **MYTH: Light cigarettes are better for me.**

**FACT:** Light cigarettes have filters that change how you smoke. So you may drag deeper or more often on a "light" cigarette to get your nicotine hit, but you're still inhaling the same amount of deadly toxins that regular cigarettes have. Because of this, "light" cigarettes are just as deadly as regular ones.

## **MYTH: If I quit smoking, I'll gain weight.**

**FACT:** 1 in 5 quitters won't gain any weight at all – and for those that do, the average is 5–7 pounds. It's important to remember that weight gain is in your control: drinking water, healthy eating, chewing sugar-free gum and exercising are all good ways to combat your cravings and keep your weight down.

## **MYTH: Smoking harms only me.**

**FACT:** Second-hand smoke is harmful for your friends, family and other people around you. In fact, second-hand smoke is the third major preventable cause of death. And if you smoke while pregnant, there is a higher risk of miscarrying or Sudden Infant Death Syndrome.

## **MYTH: Cigarettes put me in a good mood.**

**FACT:** While smokers feel an immediate "hit", that rush is soon followed by depression and fatigue as your body craves more nicotine. In other words, your good mood is quickly replaced by a bad one.

## **MYTH: Nicotine Replacement Therapy (NRT) isn't safe if I have heart disease.**

**FACT:** NRT has been shown to be safe for most people who suffer from heart disease. But be sure to consult with your doctor before using NRT.



**\$2,555**

If you smoke a pack a day, that's how much you'd save in one year if you kicked the habit. And if you deposit that money in an RSP annually, 20 years down the road you could have a nice little nest egg of \$104,743\*. Cha-Ching!

\*Based on \$7 per 20-cigarette pack and a \$2,555 RSP contribution at the end of each year, yielding a 7% annual rate of return.

# TIPS & TOO

QUIT PLAN

TIP #1

**Make a list** List all the reasons why you want to quit and then keep the list close by for when you're thinking about lighting up.

**Think of things like:**

- Family and friends • Health • Self-image
- Social life • Money

TIP #2

**Understand why you smoke** Monitor your smoking for a few days using a simple chart. It's a quick and easy way to recognize your smoking triggers.

Cigarette #	Time of Day	Need Ranking Scale of 1-5	What Was I Doing?	Who Was I With?	Why Was I Smoking?
1	7:15 am	5	Getting ready for work	Alone	Always do with my coffee

TIP #3

**Find healthier substitutes for smoking**

Once you figure out why you smoke, you'll be better able to recognize trigger situations and opt for something other than a cigarette.

**Here's what we mean:**

**Why Are You Smoking?**

Picks me up

Really enjoyable with my morning coffee

**Appropriate Substitute**

Take a walk and get some fresh air  
Exercise  
Wash my face with cold water

Change my routine by drinking tea instead of coffee

TIP #4

**Change your environment and routine**

Making a few little changes around the house and in your day can make it easier to quit.

**Here are just a few of the things you can do:**

- Drink tea instead of coffee
- Eat breakfast in a different place
- Get rid of all cigarettes and ash trays in your home, car and workplace
- Don't let people smoke in your home

TIP #5

**Talk with someone** By telling others close to you that you are quitting smoking, you not only deepen your commitment, you also give them an opportunity to help you.

TIP #6

**Learn from the past** If you've tried to quit before and couldn't, use that experience to make your next attempt a success. Did you go back to smoking last time because:

- You couldn't handle the cravings
- You constantly found yourself in situations that triggered smoking
- You were with people who smoked
- You felt you gained weight

Look at your answers and ask yourself what you can do differently this time to make it easier.

Tips 1 through 4 can help!

## Quitting: The fast track to better health

**Within 20 minutes**

Your blood pressure drops and your pulse returns to normal. The temperature of your hands and feet stabilizes.

**After 8 hours**

The carbon monoxide level in your blood drops.

**After 24 hours**

Your chance of having a heart attack decreases.

**After 48 hours**

Your ability to smell and taste improves.

# TIPS & TOOLS

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TIP #7

**Set a quit date** Now it's time to pick your quit date! Any less-stressful day in the next three weeks will do. Be sure to mark it on your calendar. You're much more likely to start on your quit day if it's written down.

TIP #8

**Motivate yourself with positive thoughts** Congratulations! You stopped smoking! Now battle any negative thoughts you have with constructive ideas, like "I'm looking forward to being free of these cigarettes, lighters and matches" and "I really don't need a cigarette to have a good time at a party."



**What if I slip?** Uh-oh, you slipped and had a cigarette or two. This is just a minor slip and not a disaster! Quitting is a process, and there are many ways to go about it. So keep trying, and don't lose heart! If you need help call Smokers' Helpline 1 877 513-5333 or visit [www.smokershelpline.ca](http://www.smokershelpline.ca)



## BE A QUIT COACH

Helping someone quit smoking can make all the difference in the world. Here's how you can make that difference.

**DO** tell them you're concerned about their health, but let them know that you'll support them whether they quit or not.

**DON'T** nag or put-down. Instead, ask open-ended questions like "What do you find good about smoking?" or "What are your concerns about quitting?" so that you can better understand them.

**DO** find resources – websites or books – that can help if they decide they're ready to quit. Let them know that you have the information, but don't push it on them. Smokers' Helpline has great information for quit coaches on their website.

**DO** be supportive throughout their entire journey. Making the decision to quit is a difficult one, and they'll need you to be there from beginning to end. If they slip, encourage them to continue trying to quit at their own pace.

## Quitting: The fast track to better health

Within 20 minutes	After 8 hours	After 24 hours	After 48 hours	After 72 hours	2 weeks to 3 months	1-9 months	1 year
Your blood pressure drops and your pulse returns to normal. The temperature of your hands and feet stabilizes.	The carbon monoxide level in your blood drops.	Your chance of having a heart attack decreases.	Your ability to smell and taste improves.	Lung capacity increases. Breathing can become easier.	Your circulation improves. Walking becomes easier. Lung functioning may increase by up to 20%.	Coughing, sinus congestion, fatigue, shortness of breath may decrease. Your cilia – those microscopic hairs that line your lungs – may even begin to re-grow and that can help clean the lungs and reduce your chance of infection.	Just 12 months down the road and you've cut your risk of heart disease in half. Congratulations!





# Should you give cold turkey the cold shoulder?



Most people quitting for the first time try to do it on their own – they go cold turkey. And while it may work for some people, it's not the only way to quit smoking. There are many options available, depending on the kind of smoker you are. And remember – if one strategy doesn't work, try another one, or even a combination of strategies to find what works best for you.

What kind of help?		How does it work?	Pros	Cons
Self-help	Pamphlets, booklets and online programs	Using whatever tools you find useful, you make your own quit plan and follow it	Free or inexpensive  You can follow your own timetable	It's up to you to stay on your quit plan
Counseling	Doctor, dentist, pharmacist, nurse or other professional who's been trained to help people quit  Can be done face-to-face, in a group, over the phone or online	A trained professional is there to help you develop the skills you need to quit  They also encourage you and acknowledge your successes	Quitting is easier when you have the support of others  A counselor knows a lot about quitting from helping others and can share this information with you	Making and keeping appointments
NRT (Nicotine Replacement Therapy)	Patch, gum or inhaler	Provides a dose of nicotine without all the other toxic chemicals in a cigarette  May be most effective for heavier smokers (10+ cigarettes/day)	Helps to manage cravings  No more expensive than buying cigarettes	Patch may cause skin irritation  There's a right way and a wrong way to use these products  Cost is equivalent to smoking
Bupropion HCl (Zyban®)	Prescription medication	Lessens nicotine cravings by activating chemicals in your brain normally stimulated by nicotine	Manages your cravings	Speak to a healthcare professional to see if it's right for you  Cost

Other therapies like laser, hypnosis and acupuncture have little scientific proof but some people use these alternatives.



## Great Quitting Resources

### Smokers' Helpline:

Call 1 877 513-5333 for free, personalized advice, counseling and a quit plan that suits you. Or if you prefer, check out [www.smokershelpline.ca](http://www.smokershelpline.ca) for online support.

### If you are pregnant:

If you recently gave birth or are smoking and pregnant, contact Motherisk's Alcohol and Substance Use Hotline at 1-877-FAS-INFO (327-4636) or visit [www.pregnets.org](http://www.pregnets.org)

### Health care providers

For advice and guidance, talk to your doctor, pharmacist, dentist or nurse.

To find cessation programs available in your community, contact your local Public Health Department. Contact information may be found in the telephone book or at [www.alphaweb.org/index.asp](http://www.alphaweb.org/index.asp)



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# You can cope when you quit

As you know by now, nicotine is very addictive. So when you quit, you may feel some withdrawal symptoms. Most last 7-10 days and can be managed.

Most people who quit smoking share similar experiences. If you know what to expect, you can better prepare yourself to have a successful quit.

If you find that you are **moody** (irritable, anxious, angry, frustrated), this may be because your body has become used to the temporary "high" that nicotine gave you. Try relaxation exercises. NRT may also help reduce the physical effects. Zyban may also help with cravings.

You may experience **trouble sleeping**. Your body does not break down caffeine as effectively without nicotine. So try cutting back on your caffeine consumption by at least half. You may not feel as jittery either.

Because nicotine stimulates the intestines, in the short term, you may experience **constipation**. Try to eat more fibrous fruit and vegetables until this, uh, passes.

As your lungs clear themselves and become healthier, you may **cough** more than usual. Cough drops and drinking water can soothe your throat.

Most people experience **oral cravings**. Have some healthy substitutes on hand just in case: sugar-free gum, or carrot sticks are great. But watch out with the candy or other sweets! Drinking water does help as well, or even deep breathing.

Another way to deal with your **craving** for a smoke is to do something else – like go for a walk or brush your teeth. In many cases, the urge will pass in a few minutes.

Remember – all of these symptoms are temporary and are signs of recovery. They will be replaced by better health for you and those around you!

